

Slender Fit U Makes Dieting Easy

BY DEBBY TEICH

SLENDER FIT U IS HELPING CLIENTS TURN THEIR bodies into fat burning machines. They are losing 1/2 to 2 pounds of fat per day without exercise, diet pills or packaged foods and keeping it off. The medically supervised program helps dieters modify their relationship with food and eating, resulting in an easily maintained, long-term weight loss. It is the last diet they will ever need to do.

Gerri Kelleher, Owner and Program Director, answered some commonly asked questions about the program.



Gerri Kelleher, Owner and Program Director

Why do people call you the "HCG Guru"?

I was one of the first people in South Florida to start using the real scientifically proven HCG diet. Six years ago, I lost 25 lbs. on the diet and it changed my life. For the past five years, I have helped thousands of people achieve their weight loss goals with this program. The best

part of my job is seeing people change before your eyes and watching them get their confidence back.

How much can clients expect to lose with the Slender Fit U program? Patients can choose a 23-day program or a 46-day program. Women typically lose 15 lbs. in the 23-day program and up to 30 lbs. in the 46-day program. Men typically lose more - 20 to 25 lbs. in 23 days and 40 to 50 lbs. in 46 days.

What is HCG and how does it result in rapid weight loss? HCG (Human Chronic Gonadotropin) is a complex amino-peptide protein that exists in every tissue of the human body, male and female, in miniscule amounts and is found in all living things. It is produced in very high levels during pregnancy. It almost completely controls the metabolic function through the hypothalamus throughout the pregnancy. In non-pregnant individuals, research suggests HCG similarly increases the metabolism.

Is this a new diet? No. It has been used successfully for weight loss since 1953, when a British endocrinologist, Dr. A.T.W. Simeons, discovered its weight loss effects.

What makes the diet so effective? Unlike other "diets," this program reshapes and re-sculpts the body by releasing abnormal fat deposits. Every pound you lose is a pound of FAT, which is very different from losing a pound of weight. You are not losing muscle mass, or water. You also lose multiple inches and dress sizes and your shape changes.

Do clients keep the weight off? I take great pride in the fact that 90% of Slender Fit U clients don't regain any weight after successfully completing the program. After completing the Slender Fit U program successfully, you will have supported and

rebalanced your metabolism. In addition to losing unwanted abnormal fat, you will modify your relationship with food and eating, resulting in easily maintained, long-term weight loss.

Are clients medically supervised? Yes. Every patient has a comprehensive physical with the medical doctor before starting the program, as well as one-on-one counseling throughout the program. This is included in the price.

Does the diet involve exercise? Exercise is not required and does not improve your end result. It is a scientific program and it is the combination of the HCG and the low calorie diet that produces the weight/fat loss. However, those who want to exercise while on the program can do so.

Is the diet easy? To quote one of my clients, "Besides being the most effective diet I have ever gone on, this was the easiest diet I have ever been on. People like instant gratification. That's what you get on this diet. Almost every morning when I got on the scale, my weight would be down. No long workouts, no agonizing hunger pains. That's how great this diet is."

What do you eat on the diet? You are eating real food from the grocery store that includes protein, fruit and vegetables. There are no packaged meals. Because you are eating real food, it's an easy transition onto stabilization and then regular eating and regular life.

Is HCG more effective than losing weight with a just a low calorie diet?

Following a traditional 500 calorie-a-day diet will leave you fatigued and irritable, and within a few days you will start to retain water due to being "protein deficient". Without the HCG, you will lose both fat and muscle just as if you were on any "normal" diet. With Slender Fit U's program, your goal is to lose stored fat, not just weight.

Is HCG safe for both men and women? It is completely safe for both men and women. In fact HCG is used to treat male and female infertility in very large doses. HCG used for weight loss is a very tiny dose.

Are there any side effects from the HCG? There are no side effects reported while using HCG for weight loss. The amount of HCG used in the diet protocol is a very tiny dose. Because it is a natural substance, this program is completely safe.

Are patients hungry on the diet? Eighty percent of people experience no hunger on the Slender Fit U program. They find even very tiny servings to be completely satisfying. This is partly due to your hypothalamus adjusting your metabolic rate, but largely due to the amount of calories circulating in



your system from the fat being released. HCG dieters usually feel as though they are stuffing themselves in order to reach that 800 calorie limit!

Can HCG be purchased over the counter? No. There is no such thing as homeopathic HCG. Real HCG cannot be purchased over the counter. The HCG comes in both an injectable and an oral form from the pharmacy.

How does Slender Fit U's program differ from similar programs? My clients tell me that the difference between Slender Fit U and other places is the way we treat people. We stay involved with all of our clients; you are not just a number. If you miss an appointment, we call you. We make sure that every person doing our program gets the proper guidance and support throughout the program and achieves their weight loss goals. Also, we don't water down the HCG. We give it in the strongest dosage for weight loss and we also give injectable prescription B12.

Consultations are free and by appointment. For information and to see more before and after photos, visit www.SlenderFitU.com or call 954-423-1376.